IMPACT OF COGNITIVE BEHAVIORAL THERAPY ON SELECTED PSYCHOLOGICAL VARIABLES AMONG ATHLETES ADDICTED TO VIDEO GAMES AND SOCIAL MEDIA

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Certificate

I hereby declare that the short synopsis "Impact Of Cognitive Behavioral Therapy On Selected Psychological Variables Among Athletes Addicted To Video Games And Social Media" being submitted for the degree of Doctor of Philosophy in Physical education to Lakshmibai National Institute of Physical Education, Gwalior during the academic year 2023- 24, is a bonafide record of original work carried out under the supervision of Dr. Megha Sahu and has not been submitted in full or part to any other university or institute for a degree or diploma.

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Abstract

Cognitive behavioural therapy (CBT) is used in this study on the athlete who shows addiction in social medial and video games. The impact of cognitive behavioural therapy on psychological variable like body image, self-esteem, and psychological distress like anxiety, depression, stress, and emotional dysregulation. The study is delimited to 45 athletes from LNIPE in Gwalior and age group of the subjects shall be delimited to 17-25 years. Both male and female athletes will be the part of the study. All the subjects are randomly selected from LNIPE Gwalior. There will be three groups of 15 subjects each one is social media addicted group second one is video games addicted group and third one is control group. Treatment will be given to both social media and video games addicted athletes which is cognitive behavioural therapy of 12 weeks and there will be 3 sessions in each week. Objective of the study is to find out the impact of cognitive behavioural therapy on selected psychological variables like body image, self-esteem, psychological distress and to find out the effect on social medial and video game addiction. Criterion measures are Social Networking Addiction Scale (SNAS), Gaming addiction screening (GAS), BIQ Questionnaire, Self-esteem and DASS Questionnaire. For assessing the data of the study descriptive statistics will be use and tow way ANOVA will be use to find significance difference among the groups.

Key words: Cognitive Behavioural Therapy (CBT), Social Networking Addiction Scale (SNAS), Body Image Questionnaire (BIQ), Gaming addiction Screening (GAS), Self-Esteem.

TABLE OF CONTENTS

S.NO	Content	Page No.
1	INTRODUCTION	1-4
2	REVIEWE OF RELATED LITERATURE	4-8
3	OBJECTRIVE OF THE STUDY	8-9
4	RESEARCH QUESTION	9
5	METHODOLOGY	9-10
6	EXPECTED OUTCOMES	10-11
6	BIBLIOGRAPHY	11-12

1. INTRODUCTION

In recent years, the pervasive influence of social media has become a significant area of concern and interest, particularly regarding its impact on the mental health and well-being of young athletes at the university level. Social media platforms, such as Instagram, Facebook, and TikTok, play a central role in the daily lives of these athletes, providing both a source of connection and a platform for self-promotion. However, this constant exposure can also lead to a host of psychological challenges. One of the most pressing issues is the impact of social media on body image. University-level athletes, who are often under immense pressure to maintain peak physical condition, can be particularly susceptible to unrealistic body standards perpetuated online. These standards can contribute to body dissatisfaction, leading to harmful behaviours such as disordered eating and excessive exercising. Moreover, social media can significantly affect self-esteem. The curated and often idealized representations of peers and role models can create a skewed perception of reality, fostering feelings of inadequacy and self-doubt among young athletes. The incessant comparison to these idealized images can undermine their self-worth, despite their achievements and physical prowess. Psychological distress is another critical concern linked to social media use. The pressures to conform to certain aesthetics and to project a perfect image can contribute to anxiety, depression, and other mental health issues. The constant need for validation through likes, comments, and followers can create a dependence on external approval, further exacerbating mental health struggles. This synopsis aims to explore the multifaceted impact of social media on the body image, self-esteem, and psychological well-being of university-level athletes. By examining existing literature and empirical studies, we seek to understand the extent of these influences and to identify potential strategies for mitigating their negative effects. Ultimately, this research underscores the importance of promoting a healthier and more realistic online environment for young athletes to thrive both physically and mentally.

Social Media

Social media refers to the online platforms and technologies that enable users to create, share, and engage with content and interact with others in virtual communities. These platforms have

revolutionized the way people communicate, access information, and express themselves, leading to significant shifts in personal and societal dynamics.

Video Games

Video games have evolved from simple digital pastimes to a multifaceted and influential medium, shaping not only entertainment but also culture, social interactions, and technology. Since their inception in the mid-20th century, video games have transformed from rudimentary pixelated experiences into sophisticated, immersive environments with advanced graphics and complex narratives. This evolution reflects broader technological advancements and changing cultural attitudes towards gaming.

Initially emerging in the 1970s with titles like "Pong" and "Space Invaders," video games were primarily confined to arcade machines and early home consoles. These early games were characterized by their simplicity and limited scope but laid the groundwork for what would become a burgeoning industry. The 1980s and 1990s saw significant strides with the advent of personal computers and advanced gaming consoles, which introduced more detailed graphics, intricate gameplay mechanics, and expansive worlds.

In recent decades, the video game industry has experienced exponential growth, becoming a global phenomenon with a market value surpassing that of traditional entertainment sectors such as film and music. Games today are not only a form of entertainment but also a medium for storytelling, artistic expression, and social interaction. With the rise of online multiplayer platforms and virtual reality, video games have become a space for communities to gather, collaborate, and compete, transcending geographical boundaries.

The impact of video games extends beyond mere entertainment. They influence cognitive skills, emotional responses, and social behaviors. Research has explored how video games can enhance problem-solving abilities, improve coordination, and even address mental health challenges. Conversely, concerns have been raised about potential negative effects, such as addiction, aggression, and the reinforcement of harmful stereotypes.

This research delves into the multifaceted nature of video games, examining their historical evolution, technological advancements, cultural significance, and psychological impact. By analysing both the positive and negative aspects of gaming, this study aims to provide a

comprehensive understanding of how video games shape and are shaped by contemporary society.

Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a widely recognized and evidence-based form of psychotherapy that focuses on identifying and modifying dysfunctional thoughts, behaviours, and emotional responses. Developed in the 1960s by Aaron T. Beck, CBT is based on the cognitive model, which posits that our thoughts significantly influence our emotions and behaviours. The core principle of CBT is that by changing maladaptive thinking patterns, individuals can alter their emotional responses and behaviours, leading to improved mental health and functioning.

CBT is structured, goal-oriented, and typically short-term, making it a practical approach for various psychological issues, including depression, anxiety, stress, and addiction. It combines cognitive therapy, which addresses distorted thinking, with behavioural therapy, which focuses on changing unhealthy behaviours patterns.

Body Image

Body image refers to an individual's perceptions, thoughts, and feelings about their physical appearance. It encompasses how one sees their own body, including aspects such as weight, shape, size, and overall attractiveness. Body image can significantly influence a person's self-esteem and mental health, playing a critical role in their overall well-being.

Self-Esteem

Self-esteem refers to the overall sense of self-worth or personal value that an individual holds. It reflects how much a person appreciates and likes themselves, encompassing beliefs about oneself as well as emotional states such as triumph, despair, pride, and shame. Self-esteem can significantly influence a person's mental health, behavior, and overall life satisfaction.

Psychological Distress

Psychological distress refers to a state of emotional suffering characterized by symptoms such as anxiety, depression, and stress. It is often a response to adverse life events, chronic stressors,

or other psychological challenges. Psychological distress can affect an individual's thoughts, emotions, behaviours, and overall well-being.

2. REVIEW OF RELATED LITERATURE

According to Birgit Braumüller, 2020 increasing social media activity is often explicated as displacing participation in sports, although current studies report rather independent or enhancing relations between social media use and sports participation. Online social networks such as Facebook and Instagram constitute a specific social media application and contain a broad variety of sports-related content, ranging from visual representations of sports, sharing of training plans, and recommendations for muscle development, to discussions about sporting equipment. Nevertheless, the impact of these contents on sports activities has been largely neglected in scientific contexts. Against the background of the socialisation theory and uses and gratifications approach, the aim of this study is to analyse the users' perceptions of the relevance of their sports-related interaction on social networks for sports activities from a relativist and constructivist grounding. In qualitative interviews with young adults (n = 10), organisational, motivational, and professionalising implications of interaction on social networks were perceived as relevant for participating in sports. Besides, critical remarks were mentioned, mainly highlighting the lack of transparency, the poor quality of information, and the social pressure to play sports.

According to Hayes Michelle et al., 2019 various sport stakeholders have debated appropriate social media use among athletes at major sport events, with some suggesting that using these platforms can have negative consequences. The purpose of this research was to examine the elements of social media that athletes perceive to be distracting during major sport events and the practices they undertake to address such distractions. Interviews with Australian elite athletes ($N = 15$) were conducted and data were analysed using thematic analysis. The findings reveal several elements associated with distraction, including positive and unwanted messages, branding pressures, and competitor content. Athletes reported two key practices that assisted in overcoming distractions, including switching off and handing over the control of their social media accounts. The findings extend distraction-conflict theory to athlete social media research, while presenting a preliminary conceptual model to assist researchers in further understanding the potential impact

of social media distractions on athletes. Opportunities for sport practitioners to develop or implement social media education programs are described.

According to Dhir Amandeep et al., 2018 constant development of online social media features and related services has constantly attracted and increased the number of social media users. But, at the same time, a myriad of users have deviated themselves, temporarily or permanently, from social media use due to social media fatigue. Scholars have investigated different antecedents and consequences of social media fatigue. However, empirical relationships between psychosocial wellbeing and social media fatigue are currently not known. To bridge this gap, the current study utilises the stressor-strain-outcome framework (SSO) to examine whether psychosocial wellbeing measures, such as compulsive media use and fear of missing out, trigger fatigue and, furthermore, whether social media fatigue results in anxiety and depression. The study utilised repeated cross-sectional methodology whereby two waves of data (N = 1554, 1144) were collected to test the research model with adolescent social media users in India. The study findings suggest that compulsive media use significantly triggered social media fatigue, which later result in elevated anxiety and depression. Fear of missing out indirectly predicted social media fatigue through mediation of compulsive social media use. The theoretical and practical implications, limitations of the present study and agenda for future studies are presented and discussed.

According to Jessica L. David et al., 2018 popular social-media platform, is a staple in intercollegiate athletics. Although it is often regarded merely as a pastime, Twitter boasts advantages and disadvantages to college student athletes and their programs. This is primarily due to the nature of interactions and exchanges that take place between student athletes and the general public, be they fans, critics, or somewhere in between. Using a semistructured protocol, the researchers conducted a 75-min focus-group interview with 7 National Collegiate Athletic Association (NCAA) Division I student athletes to examine the psychological impacts of Twitter use. A modified version of consensual qualitative research was used for data analysis. Results indicated that student athletes were heavily influenced and affected by Twitter use across various domains in their lives. Participants reflected on both advantages (e.g., avenue for advocacy and moral support and promoting team cohesion) and disadvantages (e.g., receipt of critical tweets and detrimental performance implications) of using the microblogging

platform, thereby corroborating extant literature and providing a more balanced perspective of Twitter's resulting impact. The researchers explicated practical implications including improved social-media training and the development of best practices to support student athletes in their responsible use of Twitter. Further research is necessary to better understand the differences in experiences of student athletes competing in revenue-generating sports compared with those competing in non-revenue-generating sports.

According to Schaefer, Alexis et al., 2018 perception of smartphone use and its perceived effects on sleep quality, depression, and anxiety among NCAA collegiate student athletes (SA). One hundred and ninety one Northern Michigan University SA's completed an online questionnaire consisting of original content and select components from the Pittsburgh Sleep Quality Index (PSQI), Generalized Anxiety Disorder Assessment (GAD-7), Patient Health Questionnaire (PHQ-9), and the Mobile Phone Problem Use Scale (MPPUS). Pearson product moment correlations examined relationships between demographic information and perception questions. Correlations examined relationships between perception questions and the corresponding health based questionnaire (i.e. "Do you believe your smartphone use has increased or decreased your feelings of anxiety" and the (GAD-7). Results indicated that there was a moderate correlation ($r=0.513$) between the perception of smartphone use increasing depression and the perception of smartphone use increasing anxiety. In conclusion, excessive smartphone use, specifically pre-bedtime smartphone use is a stressor that negatively affects sleep. While this technological device continues to evolve and become increasingly present in all aspects of human life, the chances of negative consequences also continue to increase. Athletes must gain a deeper understanding of healthy sleep and how it can be optimized for maximal performance.

According to Sinead Gorman et al., 2015 influence of the mass media on self esteem and body image in both males and females, aged between 18 and 25. The media has been found to be the most powerful conveyor of socio-cultural values regarding body ideals, size and weight, which has been linked to body dissatisfaction and in turn, related to other health concerns such as depression, low self esteem and eating disorders. There were a total of 150 participants who took part in this study; 89 females and 61 males. A quantitative non-experimental correlational design was used. Participants completed a questionnaire booklet containing three different

questionnaires including The Self Esteem Scale (Rosenberg, 1965), a body image questionnaire (Maynard, 2009), and a media usage questionnaire, which was designed for this particular study. Data from these questionnaires was analysed using SPSS. The analysis revealed that males have lower body image than females, but there is no relationship between media usage and body image or self –esteem. It also revealed, contrary to assumption, that there is a negative relationship between self-esteem and body image, for both males and females.

According to Mary Lou Sheffer, 2013 facebook reported 845 million users (Moire, 2012) whileTwitter, the social-networking site that lets people share 140-character messages, is now used by 13 percent of all online adults in the US. Use of Twitter by people in the 25–34 age group has more than doubled since 2010 (Womack and Pulley, 2011).This growth in the social media has had a profound impact on the way sports are created, delivered and consumed. Media audiences are now fully interactive, and extremely demanding in terms of what they want from content providers."The way people experience sports media has changed," said sports broadcaster Reggie Rivers, speaking on a conference panel presentation. The former National Football League (NFL) player added, "They can tailor it to the way they receive information; the way they follow certain teams" (Ahead of the curve, 2010).The migration of athletes and fans to the social media has corresponding changes for how broadcasters interact with both groups. This chapter examines how the rise of social media has influenced and changed the news routines of broadcast sports reporters, while examining the challenges these reporters now face in a world of social media reporting.

According to Xiao Wang et al., 2013 investigation examines the motivations and factors that predict one's intentions to use social media while viewing mediated sports. Structural equation modeling analysis revealed that the utilitarian functions, the social identity function, the self-esteem maintenance function, and self-efficacy positively predicted attitudes toward social media use while viewing mediated sports. Controlling for other possible behaviors, attitudes, norms, and self-efficacy predicted intentions to use social media. Results demonstrated that the integrative model, coupled with attitude functions, can explain a large amount of variance in one's attitudes and media choice tendency.

According to OLUYEMISI ADERIKE BADERO et al., 2011 increasing burden causing body image distortion and also as a pathway to psychological illness such as low self esteem, depression, anxiety and eating disorders. It is the aim of this research project to explore media influences on body image, and the resulting effects on self esteem, eating habits and mental health in males and females. A non-experimental correlational design was used. Data was collected from 100 males and 100 females. Participants completed a questionnaire which comprised of Revised Objectified Body Consciousness Scale (ROSBC) and Media Influence Scale. Two sets of variable were measured in this study; these are the criterion variable which includes body shame, body surveillance, body control; and the predictor variable which is media. This research aims to add to the previous researches that have been carried out in relation to the effects of media on body image. More commonly, females are thought to be more influenced and affected by media images. Men, on the other hand, are believed to be less influenced, and thought to have more control over their bodies. The results showed —a significant difference between the effects of media images on males and females respectively‖.. Future researchers may look at a larger sample as results may show to be more representative of the general population. Also, future researches may use a wider range of questionnaires as this would help explore deeper into the issues of the influence of media images on body image.

3. OBJECTIVE OF THE STUDY

The study is to find out the impact of cognitive behavioural therapy on selected psychological variables among athletes addicted to Video Games and social media.
The following objectives will be set for the study:

- To find out the impact of cognitive behavioural therapy on body image among athlete addicted to video games and social media.
- To find out the impact of cognitive behavioural therapy on self-esteem among athlete addicted to video games and social media
- To find out the impact of cognitive behavioural therapy on psychological distress among athlete addicted to video games and social media.
- To find out the effect of Cognitive Behavioural Therapy on selected Psychological, variables in athletes addicted to video games and social media before and after the administration of tests.
- To find out the effect of Cognitive Behavioural Therapy on selected Psychological, variables in athletes addicted to video games and social media.
- To find out the difference between the controlled group and the experimental group.

- To find out the changes in body image, self-esteem Stress, Anxiety, Depression, in athletes addicted to video games and social media before and after the administration of tests.

4. RESEARCH QUESTIONS

The research questions formulated as follows:

1. Whether there is any impact of cognitive behavioural therapy on body image of athletes addicted to social media and video games.
2. Whether there is any impact of cognitive behavioural therapy on self esteem of athletes addicted to social media and video games.
3. Whether there is any impact of cognitive behavioural therapy on psychological distress of athletes addicted to social media and video games.

5. HYPOTHESIS OF THE STUDY

It is hypothesized that

- There will be no significant difference between video game addicted and social media addicted athletes who were expose to cognitive behavioural therapy.
- There will be no significant difference in body image between video game and social media addicted athletes.
- There will be no significant difference in self-esteem between video game and social media addicted athletes.
- There will be no significant difference in psychological distress between video game and social media addicted athletes

6. METHODOLOGY

In this chapter, the procedure which shall be adopted for description and selection of subjects, selection of variables, criterion measures, administration of tests, collections of data, statistical techniques employed for analysis of the data are presented.

6.1 SELECTION OF SUBJECTS

For the present study, forty-five (45) participants (both male and female university players) with age ranging between 17-25 years and resident of LNIPE, Gwalior shall be selected randomly. The selected subjects shall be randomly placed in equal number among three groups (2 training groups and 1 control group;15 in each group). The randomly assigned treatment shall be administered.

6.2 SELECTION OF VARIABLES

Based on the review of literature availability, expert's opinion, instrument availability, and scholar's own interest on the problem, following psychological variables are selected.

1. **Dependent Variable:**

   a. Body Image

   b. Self Esteem

   Psychological Distress

   - Stress
   - Anxiety
   - Depression

2. **Independent Variable:**

   a) Cognitive Behavioural Therapy

6.3 COLLECTION OF DATA AND ADMINISTRATION OF TESTS

The subjects will be divided into different groups i.e., Video Games-1 and Social Media-2 and Control Group cognitive behavioural therapy shall be given as per the schedule of 3 days per week of twelve weeks. The pre-test and post-test data on the selected criterion variables shall be collected by administering the test as per the standardized procedures at prior and after twelve weeks of the training programme.

6.4 STATISTICAL ANALYSIS

For assessing the data of the study, descriptive statistics will be used. To find out the significant difference between the video game addicts and social media addicts' athletes who were expose to cognitive behavioural therapy on selected psychological variables, two-way ANOVA test will be used at 0.05 level of significance in SPSS 20.

7. EXPECTED OUT COME

The expected outcome of the study is to see the effect of cognitive behavioural therapy on addiction of social media and video games.
The current study may also help athletes identify and evaluate their areas of strength and wea kness so they can improve.This study would raise awareness of the advantages of cognitive behavioural therapy for athletes who suffer from social media and video game addiction.
This study would raise awareness of the detrimental effects that video games and social medi a have on athletes' psychological discomfort, body image, and self-esteem.

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